

# YOUR FIRST VISIT TO HEMORRHOID INSTITUTE OF SOUTH TEXAS™

Your first visit with your surgeon can be nerve racking. The following suggestions may help that visit be comfortable, pleasant and efficient.

The visit will be smoother if you obtain the initial visit forms, fill them out and bring them with you to your first office visit. You may also fax them in two business days before your visit. They can be obtained from the website [www.hemorrhoidinstituteofst.com](http://www.hemorrhoidinstituteofst.com). You may also call the office for a copy.

You may have a light meal before your visit. This will not interfere with any blood that may be drawn later. If you have had blood work in the past year you may not need have blood drawn.

Bring a list of your medications along with the dosage and frequency that they are taken. It is important to tell your physician if you are taking blood thinners, aspirin, warfarin (Coumadin™), clopidogrel (Plavix™) or any drug that could cause you to bleed.

Bring any medical records from your primary care or referring physician related to your to your hemorrhoid symptoms. If you have had a colonoscopy in the past, please bring those records and the colonoscopy report. If you have had any bowel surgery, please bring the operative report and pathology report.

You will meet the doctor first. Your history will be reviewed. You might then be examined.

The surgeon may need to examine your anus and rectum. The surgeon may use an anoscope (small plastic tube) or sigmoidoscope (lighted tube) to check for other diseases that may be causing your symptoms.

Taking two enemas the morning of your appointment will allow better visualization of your anus and rectum. When you make your appointment, ask the scheduler if you need to take enemas the morning of your appointment.

It is a good idea to bring a family member or friend to your appointment. They can help with any paper work and assist you with your care afterwards when you get home. They may even come up with questions you and your doctor did not think of.

Remember to follow the instructions given to you and see your physician or nurse as scheduled. These written instructions do not replace a discussion with your physician or nurse. They may give you other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.

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